



## WHAT'S LOVE GOT TO DO WITH IT??

### I. Fiction and Reality - "When TV and Marriage Meet"

- There was a study by Jeremy Osborne from Albion College of 392 married individuals.
- People who invest belief in TV portrayals of romantically themed programs are less committed to their marriages even when they are not at all dissatisfied in their marriages.
- Rom-coms every year promote unhealthy relationship expectations and toxic behaviors.
- While watching fiction we are vulnerable to false information.
- This can cause us to set some expectations for love that reality can never satisfy.
- Distortion leads to Dysfunction
- Dysfunction leads to Destruction
- "All ideas no matter how beautiful, eventually create misery when they're inaccurate" - unknown

### II. Media Myths

1. **Myth: Love is Random** - Love can happen to anyone. At any time. It doesn't matter who. It doesn't matter where. Love is unpredictable and you can fall in love with absolutely anybody.

a. **Lie that it Implies: You can't help who you love"**

1. Believing this lie because it can keep people in bondage to ungodly relationships, unhealthy/unsafe relationships, unethical relationships (loving someone else's husband or wife)
2. Believing this lie can open the door to living a life without boundaries, and subjecting yourself to relationships that are out of control.

3. It implies that we are animalistic in nature.

b. **Truth: Love is a Choice and an Act of your Will**

1. Love happens once we make the choice to love someone.
2. God has given us a free will to choose who we will love, including the choice to love Him.
3. We can help it, who we love and we should be intentional about who we choose to love and who we choose to commit ourselves to.
4. *“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (II Timothy 1:7 NKJV)*
5. God has empowered us to choose to love, so choose well and keep your mind sound.

2. **Myth: Grand Gestures Lead to Love** - Big grand gestures will help you to get someone to fall in love with you and enable you to build a lasting relationship.

a. **Lie: Love is won or achieved in a moment or with a singular grand act**

1. It implies that Impressing someone in the moment is more valuable than being steady & stable.
2. Your track record can be trifling but in a moment you can become a star and erase your track record. (Hollywood depicts this all the time).

b. **Truth: Real life love, is more about consistent behavior over time**

1. Illustration: Ps. Smith bought Ps. Nicola a car and surprised her by having it sitting in their driveway.
2. Nicola’s response, “I was elated, but he’s good to me everyday. I sense his love for me best by his daily acts that communicate commitment, respect and love”.
3. *'But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. ' Galatians 5:22-23*

3. **Myth: You Must Change Yourself To Be Loved** - You need to change your appearance and who you are so someone will love you.

a. **Lie: You are not good enough and don't deserve to be loved for who you are.**

1. Belief in this lie can lead to insecurity, having an inferiority complex, feelings of inadequacy, eating disorders, lost identity.

b. **Truth: You are already loved, approved and accepted by God and He has a pathway for you to maximize your potential.**

1. Will love requires a commitment to personal growth. And sometimes that growth will require change.

2. If your love relationship is based on you winning someone's approval everyday, that relationship will fail.

3. We have to be comfortable and free to be our true selves in our relationships.

4. **The Real You is worthy of Love.**

5. *"just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved."* Ephesians 1:4-6 NKJV

4. **Myth: There is a Happily Ever After** - Everyone will have a fairytale ending with the love of their life.

a. **Lie Implied: True Love will find you because it's your destiny and happy endings are automatic**

1. Happy Endings are not automatic.

b. **Truth: True love must be pursued and requires constant Investment or "WORK"**

1. Love has to be pursued. If you want any type of relationship, (romantic, family, friendship etc.) it must be sought after.
2. There are no shortcuts to love or happiness. You have to invest yourself.
3. Love requires the WORK of: selflessness, forgiveness, faithfulness, kindness and sacrifice.

### III. Biblical Worldview of Love

#### 1. Love is a Verb

- a. The worldview of love is that it is a noun i.e. A feeling, emotion, attraction (these are nouns).
- b. The scripture describes love as an action, a verb.

#### 2. Love is a Person

- a. God is Love
- b. Therefore He defines it because it comes from Him.
- c. He is the best example of it

“Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love. God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.”

1 John 4:7-10 NLT

“We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world.”

1 John 4:16-17 NLT

